

Plum Quiz



Name_____

1. Plum trees are grown on every continent except for?

2. Plums have pits? True or False

3. What is a plumcot or pluot?_____

4. How many counties in Idaho do plums grow in?_____

5. What rank in the nation is Idaho in plum production?_____

6. Plums are high in carbohydrates? True or False

7. What are the 3 vitamins that plums are an excellent source of?

8. What is a prune?_____

RECIPE

MIXED SUMMER FRUIT WITH HONEY CREAM

Serves 6

Ingredients

- 1 ½ cup light sour cream
- 3 tablespoons honey
- 8 cups mixed fresh fruit (plums, strawberries, blueberries, raspberries, nectarines)

Optional

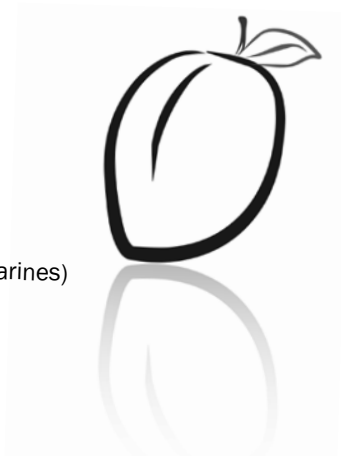
- 3 tablespoons almond slices, toasted
- Mint sprigs

Preparation

Whisk sour cream and honey in medium bowl to blend. Toss fruit together in large bowl. Can be made 3 hours ahead. Cover sauce and fruit separately to chill.

Spoon fruit mixture into individual bowls. Whisk chilled sauce to loosen if necessary. Spoon sauce over fruit. Garnish with almonds and mint, if desired.

Found; <http://www.epicurious.com/recipes/food/views/MIXED-SUMMER-FRUIT-WITH-HONEY-CREAM-2291>



RECIPE

PLUM SALAD RECIPE

Ingredients:

- 1 cup cream cheese cubes
- 3 walnut pieces
- 5 plum wedges (any kind)
- ½ cup grapes
- ½ cup whole strawberries
- ½ cup Sour cream, sweetened with brown sugar

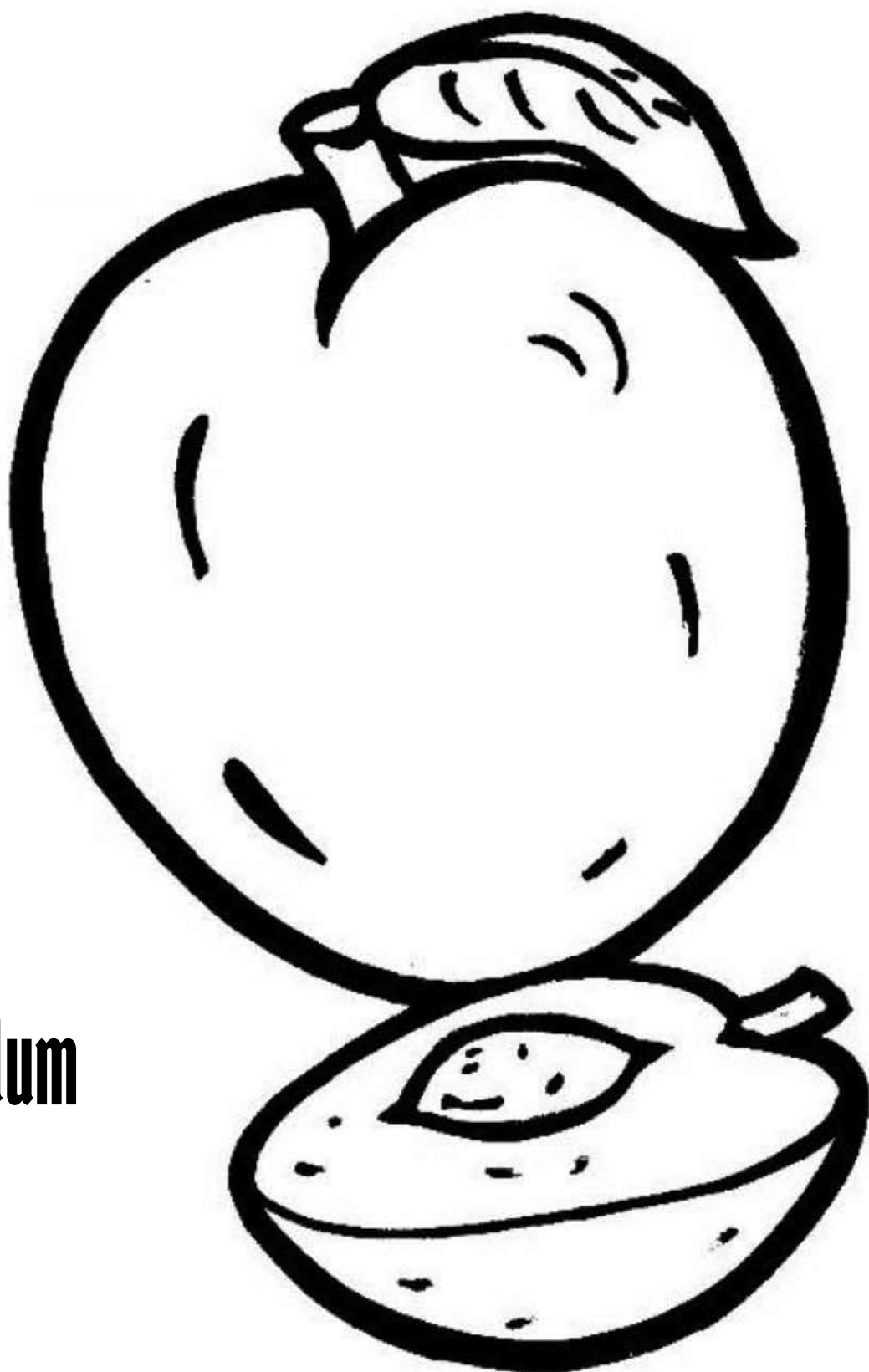
How to make Plum Salad:

Gently toss together the cheese cubes, walnuts and fruits
Add the sour cream, sweetened with brown sugar
Plum salad is ready

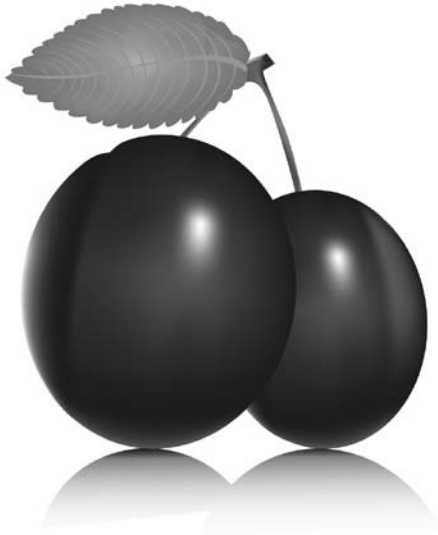
Found; <http://www.indobase.com/recipes/details/plum-salad.php>



Plum



Plum Word Find



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Plum
Apricot
Pluots
Tree
Vitamin K

Prunes
Antioxidants
Damask Plum
Plumcot
Plum Pit

Basket
Juicy
Fruit
Purple
Vitamin C

Sun
Beach Plum
Idaho
Sweet